Your child's check up will include:



Health History



Complete Physical Exam



Lab Tests (as appropriate)



Immunizations



Vision/Hearing Screening



Developmental and Behavioral Screening (as appropriate)



Advice On How To Keep Your Child Healthy

### Helpful Numbers

Family Assistance Service Center: 1-866-311-4287

Doral Dental: 1-888-233-5935

East Tennessee

BlueCare 1-800-468-9698 or 1-800-999-1658 (after hours) John Deere: 1-800-209-0034 PHP: 1-800-747-0008 TennCare Select: 1-800-263-5479 1-800-999-1658 (after hours)

Middle Tennessee

VHP: (615) 782-7878 or 1-800-316-CARE (after hours) TennCare Select: 1-800-263-5479 or 1-800-999-1658 (after hours)

West Tennessee

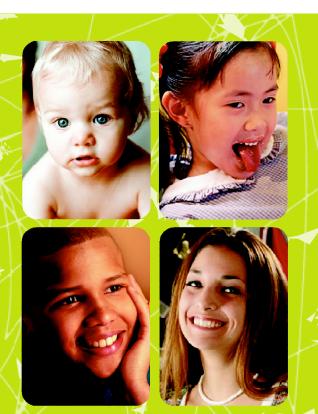
Better Health Plans: 1-800-414-9025 UAHC: 1-800-876-9758 TLC: (901) 725-7100 or 1-800-473-6523 TennCare Select: 1-800-263-5479 or 1-800-999-1658 (after hours)

We do not allow unfair treatment in TennCare. No one is treated in a different way because of race, color, birthplace, language,sex, age, religion or disability.





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The Early and Periodic Screening, Diagnosis and Treatment (EPSDT) Program designed for the care of your child from birth to young adulthood.



TENNESSEE'S EPSDT PROGRAM

Tennessee has made a commitment to promoting good health in children from birth until age 21. It's called the TENNderCare program. TENNderCare is a full program of check ups and health care services for children who have TennCare. These services make sure babies, children, teens and young adults receive the health care they need.

"Every child in Tennessee deserves to grow up healthy and happy. TENNderCare is the state's commitment to see that our children and teens have the best start at a healthy life."

- Phil Bredesen - Governor

Good health begins at birth, so it's important to Check In, Check Up and Check Back.



The check ups and other services are done by doctors, dentists and other health professionals.

What does TENNderCare provide?

- Free check ups
- Dental check up and services
- Medical treatment

Call your doctor or TennCare health plan today to schedule an appointment.

## Where do I take my child to get their check up?

- Your local health department

Do you need a ride to your appointment? Do you need help making an appointment? Call your doctor or TennCare health plan.



### What will happen at the check up?

- Health History
- Complete Physical Exam
- Lab Tests (as appropriate)
- Immunizations
- Vision/Hearing Screening
- Developmental/Behavioral Screening (as appropriate)
- Advice on how to keep your child healthy

# When should children get a **free** check-up?

At birth	24 months
2-4 days	3 years
1 month	4 years
2 months	5 years
4 months	6 years
6 months	8 years
9 months	10 years
12 months	11 years
15 months	12 years
18 months	•

# When should teenagers get a **free** check up?

13 years	17 years
14 years	18 years
15 years	19 years
16 years	20 years



#### Check Back for:

- Your next scheduled visit
- Any new health problem that comes up

#### What if there is a problem?

TennCare will cover services needed to find or treat medical problems.

To schedule a TENNderCare visit, call your doctor. If you don't have a doctor, your local health department can help.

To learn more, call the Family Assistance Service Center at 1-866-311-4287.

You can make it better. TENNderCare can help.